

# Obesity Trends and Public Health Interventions in the Middle East

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**Abstract.** This article examines the rising trend of obesity in the Middle East and evaluates public health interventions aimed at combating this epidemic. It discusses the socio-economic and cultural factors contributing to obesity and highlights successful programs and policies that have been implemented in the region to address these challenges.

**Keywords:** Obesity, Middle East, Public Health Interventions, Dietary Habits, Urbanization

## Introduction

Obesity has become a significant public health concern in the Middle East, driven by a combination of socio-economic, cultural, and lifestyle factors. This article explores the current trends in obesity prevalence across the region, identifying key drivers such as dietary habits, physical inactivity, and urbanization. It evaluates various public health interventions that have been implemented to combat obesity, highlighting successful programs and policies that offer valuable lessons for other regions facing similar challenges. The article also discusses the need for comprehensive, culturally tailored strategies to effectively address the obesity epidemic in the Middle East.

**This is a preliminary version. To read the full version of the article, please purchase a subscription.**

## References

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